

## Congratulations to the Class of 2014!

**ANGLETON, TEXAS -- May 14, 2014.** At its regular chapter meeting held today at the Texas A&M AgriLife Extension Service, all 22 members of the Texas Master Naturalist Cradle of Texas Chapter's Intern Training Class of 2014 graduated and were certified as Texas Master Naturalists. Each graduate received a Certificate, a Texas Master Naturalist Polo Shirt, and an engraved nametag.

During the training program the interns were divided into four independent-study teams. Each team studied a different topic and presented a report at today's meeting. The teams and their topics are shown below.



**ANATOMY OF A RIVER**

- Lorna Witt
- Larry Kirby
- Garry Ellis
- Janet Jackson-Ellis
- Joycelynn Grigson
- Breana Kitchen



**URBAN PRAIRIE**

- Christina Hartman
- Kim Richardson
- Gretchen Minor



**BLUE BIRDS OF BRAZORIA COUNTY**

- Ken Sluis
- Linda Sluis
- Cindy Goodrum
- Dawn Logan
- Michelle Hague
- Denice Apgar
- Hope Cepak



**LIVE OAK BA YOU UNIT OF SAN BERNARD NWR**

- David Plunkett
- Sherri Wilson
- John Minkert
- Sheree Muzny
- Mel McKey
- Lou Golish



**The Class of 2014**

## Gumbo Gumbo Gumbo!

The graduation ceremony was followed by lunch featuring *The Great Gumbo Cookoff*. All chapter members, including interns, were invited to prepare a 6-quart pot of gumbo. Ten chapter members entered the contest:

1	Chris Kneupper	Chicken Andouille Gumbo
2	Cindy Goodrum	Poppy's Gumbo
3	Pam West	Chicken Sausage Gumbo
4	Jerry & Peg Krampota	Shrimp/Chicken/Sausage Gumbo
5	Jane Eppner	Cajun Seafood Gumbo w/Andouille Smoked Sausage
6	Ken Sluis	Chicken and Sausage Gumbo
7	Gretchen Minor	Jackalope Gumbo
8	Pam Peltier	Creole Gumbo
9	Barbara Burkhardt	Seafood Gumbo
10	Mike Mullins	Chicken, & Smoked Jalapeño Deer Sausage

Judging the contest were three staff members from the Texas A&M AgriLife Extension Service Brazoria County office:

- Jami Geserick, 4-H and Administration Office Secretary
- John Gordy, County Extension Agent, Ag and Natural Resources
- Michaele Gregory, Family and Consumer Sciences.

Pam Peltier's entry was judged the winner, with Chris Kneupper's entry judged runnerup.



The winners: Pam Peltier (Winner), Barbara Burkhardt (Contest Administrator), Chris Kneupper (Runner-up)

### A MESSAGE FROM THE COOKOFF ADMINISTRATOR BARBARA BURKHARDT

My thanks to everyone for their help in making the 2014 graduation luncheon such a success. Everyone loves gumbo and we had some great ones.

Congratulations to Pam Peltier for her winning creation and to Chris Kneupper for his close runner-up dish. How could we lose with all the good food?

I would also like to thank the judges for their "selfless sacrifice" in tasting the entries. Great job!!!

Hopefully, we can do this again to honor the graduated and challenge our taste buds. Whatever the follow up for next year, great job folks. Thanks a bunch!!!

—B



Ten numbered pots of gumbo on the edge of the stage.

## Gumbo Recipes

### CREOLE GUMBO Pam Peltier

- 1 large chicken
- 1 cup oil
- 1 cup sifted flour
- 8 stalks celery
- 3 large onions
- 1 green pepper
- 2 cloves of garlic
- 1 pound sliced okra
- 1/2 cup Worcestershire sauce
- 1/2 cup catsup
- 1/2 can tomatoes
- 2 tsp. Salt
- 1 to 2 links of smoked sausage
- 2 bay leaves
- 1/4 tsp. Thyme
- 1/4 tsp. Rosemary or red pepper flakes
- 2 pounds crab meat
- 4 pounds peeled shrimp
- Hot cooled rice

Cook chicken in kettle in salted water to cover until tender; reserve 2 quarts stock. Remove meat from bones; cut into bite-size pieces. Set aside. Heat oil in large iron pot. Add flour slowly; cook until roux is medium to dark brown. Chop celery, onions, green pepper and garlic; add to roux. Cook over low heat stirring constantly, until soft. Fry okra until brown; add chicken, reserved stock, 2 quarts water, Worcestershire sauce, catsup, tomatoes, salt, sausage, bay leaves, thyme and rosemary. Simmer for about 3 hours. Add crab meat and shrimp; simmer for about 30 minutes longer. Stir in file if desired. Serve hot gumbo over rice. Yield: 10 to 12 servings.



### CAJUN SEAFOOD GUMBO WITH ANDOUILLE SMOKED SAUSAGE Jane and Jerry Eppner

- 2 cups chopped onions
- 1 ½ cups chopped green bell peppers
- 1 cup chopped celery
- Seasoning mix:
  - 2 whole bay leaves
  - 2 tsp salt
  - ½ tsp white pepper
  - ½ tsp ground red pepper (preferably cayenne)
  - ½ tsp black pepper
  - ½ tsp dried thyme leaves
  - ¼ tsp dried oregano leaves
- ¾ cup vegetable oil
- ¾ cup all-purpose flour
- 1 tbsp minced garlic
- 5 ½ cups basic seafood stock
- 1 lb andouille smoked sausage – preferred (or kielbasa) cut into ½ inch pieces
- 1 lb peeled medium shrimp
- 1 dozen medium to large oysters in their liquor; about 9 oz
- ¾ lb crabmeat – picked over
- 2 ½ cups hot cooked rice

Combine the onions, bell peppers and celery in a medium size bowl and set aside. In a small bowl combine the seasoning mix ingredients; mix well and set aside. Heat the oil in a large heavy skillet over high heat until it begins to smoke, about 5 minutes. Gradually add the flour, whisking constantly with a long-handled metal whisk. Continue cooking, whisking constantly, until roux is dark red-brown to black, about 2 to 4 minutes. Being careful not to let it scorch or splash on your skin. Immediately add half the vegetables and stir well (switch to a spoon if necessary). Continue stirring and cooking about a minute. Then add the remaining vegetables and cook and stir about 2 minutes, stirring frequently. Add the garlic; stir well, then cook and stir about 1 minute more. Remove from heat.

Meanwhile, place the stock in a 5 ½ quart saucepan or large dutch oven. Bring to a boil. Add roux mixture by spoonfuls to the boiling stock, stirring until dissolved between each addition. Bring mixture to a boil. Add the andouille and return to a boil; continue boiling 15 minutes, stirring occasionally. Reduce heat and simmer 10 minutes more. Add the shrimp, undrained oysters, and crabmeat. Return to a boil over high heat, stirring occasionally. Remove from heat and skim any oil from the surface. Serve immediately.

To serve as a main course, mound ¼ cup rice in the middle of serving bowl. Spoon 1 cup gumbo over the top, making sure each person gets an assortment of the seafood and andouille. Serve half this amount in a cup as an appetizer.

Yield: 1-main dish or 20 appetizer servings.

Adapted from Paul Prodhomme's *Louisiana Kitchen*

<http://tinyurl.com/qfslxny>

For more photos of the meeting, see  
<http://tinyurl.com/GumboGumboGumbo>

## Gumbo Recipes

### CHICKEN AND SAUSAGE GUMBO

Pam West

- Boil one whole chicken and save broth.
  - Chop 2-3 stalks of celery, 1 whole green bell pepper, medium onion and 2 cloves of garlic.
  - Sauté onion, bell pepper, celery and garlic in roux in iron skillet. (Cary's roux will do.)
  - Pour sautéed veggies in chicken broth. I add Maggi's chicken bouillon (HEB) to my broth to make it richer.
  - Add more roux to broth until you get the color broth that you want. I also add a little Tony's Brown Gravy mix to the chicken broth for a richer flavor.
  - Add to broth:
  - Salt and pepper to taste, ½ to 1 teaspoon oregano
  - ½ teaspoon cumin
  - ¼ can of tomato sauce.
  - Add deboned chicken.
- (I like to fry some of battered chicken breasts nuggets to add to the gumbo, but you do not have to add this.)
- Cut up Andouille sausage links into rounds. Brown them in a skillet to help remove grease from sausage. Add to combo.
  - Serve over rice. Try serving it over a scoop of potato salad. Believe it or not, it is yummy.

### UNCLE TOM MCDONALD'S SHRIMP CREOLE

Barbara Burkhardt

- 1 lb peeled, de-veined Shrimp
  - 1/3 c shortening
  - ¼ c flour
  - 1 c hot water
  - ½ cup chopped green onions with tops
  - ½ cups chopped parsley
  - ¼ cup green pepper
  - 1 can tomato sauce
  - 4 cloves chopped garlic
  - Salt and pepper to taste
  - 2-3 whole Bay Leaves
  - ½ tsp crushed thyme
  - ¼ lemon, thinly sliced
  - Cayenne pepper to taste
  - 2 cups cooked rice.
  - 1-2 cups sautéed okra, if desired
- Clean shrimp. Melt shortening, blend in flour and brown, stirring constantly, to desired darkness. Gradually add HOT water and cook until thick. Stir Constantly.
- Add remain ingredients, except shrimp/rice. Simmer for 2 hours, then add shrimp.
- Remove lemon slices and bay leaves.
- Serve over rice.
- 1 pint of oysters and 1 pint of crab meat can also be added about 30 minutes before serving.

### JACKALOPE GUMBO (RABBIT AND DEER GUMBO).

Gretchen Minor

- 1 cup all purpose flour
- ¾ cup bacon drippings
- 1 cup coarsely chopped celery
- 1 large onion coarsely chopped
- 1 large bell pepper coarsely chopped
- 2 cloves garlic, minced
- 1 pound of deer sausage
- 3 quarts of water
- fresh stock (any stock will do) or bouillon cubes (if using cubes increase the water to 4 quarts)
- 1 tablespoon white sugar
- salt to taste
- 2 tablespoons hot pepper sauce, or to taste
- 1/2 teaspoon Cajun seasoning or to taste
- 4 bay leaves
- 1/2 teaspoon dried thyme leaves
- 1 can stewed tomatoes
- 1 can of tomato sauce
- 2 teaspoons gumbo file powder
- 2 tablespoons bacon drippings
- 2 packages frozen cut okra, thawed
- 2 tablespoons white vinegar
- 1 pound of rabbit meat ( chicken can be substituted)
- 2 tablespoons Worcestershire sauce
- teaspoons gumbo file powder

1. Make a roux by whisking the flour and ¾ cup bacon drippings together in a large, heavy saucepan over medium-low heat until it is smooth and a rich mahogany brown. Continuously stir the mixture so it will not brown. This can take up 20 to 30 minutes; watch heat carefully and whisk constantly or it will burn. Remove from heat and continue whisking until mixture stops cooking.

2. Finely chop the celery, onion and bell pepper. Stir the vegetables into the roux, and mix in the sausage and rabbit. Bring the mixture to a simmer over medium-heat, and cook until vegetables are tender, 10 to 15 minutes. Remove from heat, and set aside.

3. Bring the water and stock to a boil. Whisk the roux mixture into the boiling water. Reduce the heat to simmer, and mix in the sugar, salt, hot pepper sauce, Cajun seasoning, bay leaves, thyme, stewed tomatoes and tomato sauce. Simmer the soup over low heat for 1 hour; mix in 2 teaspoons of file gumbo powder at the 45-minute mark.

4. Meanwhile, melt 2 teaspoons of bacon drippings in a skillet, and cook the okra with vinegar over medium heat for 15 minutes; remove okra with slitted spoon, and stir into simmering gumbo. Mix in the Worcestershire sauce, and simmer until flavors have blended, 45 more minutes. Just before serving, stir in 2 more teaspoons of the file gumbo powder.